

AD _____

Award Number: W81XWH-11-2-0087

TITLE: Telephone Support During Overseas Deployment for Military Spouses

PRINCIPAL INVESTIGATOR: Linda Nichols

CONTRACTING ORGANIZATION: Research Inc.
Memphis, TN 38104

REPORT DATE: April 2012

TYPE OF REPORT: Annual

PREPARED FOR: U.S. Army Medical Research and Materiel Command
Fort Detrick, Maryland 21702-5012

DISTRIBUTION STATEMENT: Approved for public release; distribution unlimited

The views, opinions and/or findings contained in this report are those of the author(s) and should not be construed as an official Department of the Army position, policy or decision unless so designated by other documentation.

REPORT DOCUMENTATION PAGE				Form Approved OMB No. 0704-0188	
Public reporting burden for this collection of information is estimated to average 1 hour per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing this collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to Department of Defense, Washington Headquarters Services, Directorate for Information Operations and Reports (0704-0188), 1215 Jefferson Davis Highway, Suite 1204, Arlington, VA 22202-4302. Respondents should be aware that notwithstanding any other provision of law, no person shall be subject to any penalty for failing to comply with a collection of information if it does not display a currently valid OMB control number. PLEASE DO NOT RETURN YOUR FORM TO THE ABOVE ADDRESS.					
1. REPORT DATE (DD-MM-YYYY) 01-04-2012		2. REPORT TYPE Annual		3. DATES COVERED (From - To) 1 APR 2011 - 31 MAR 2012	
4. TITLE AND SUBTITLE Telephone Support During Overseas Deployment for Military Spouses				5a. CONTRACT NUMBER	
				5b. GRANT NUMBER W81XWH-11-2-0087	
				5c. PROGRAM ELEMENT NUMBER	
6. AUTHOR(S) Linda Nichols E-Mail: linda.nichols@va.gov				5d. PROJECT NUMBER	
				5e. TASK NUMBER	
				5f. WORK UNIT NUMBER	
7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES) Research Inc. Memphis, TN 38104				8. PERFORMING ORGANIZATION REPORT NUMBER	
9. SPONSORING / MONITORING AGENCY NAME(S) AND ADDRESS(ES) U.S. Army Medical Research and Materiel Command Fort Detrick, Maryland 21702-5012				10. SPONSOR/MONITOR'S ACRONYM(S)	
				11. SPONSOR/MONITOR'S REPORT NUMBER(S)	
12. DISTRIBUTION / AVAILABILITY STATEMENT Approved for Public Release; Distribution Unlimited					
13. SUPPLEMENTARY NOTES					
14. ABSTRACT Deployment impacts both service member and family, and the cost can be high. Spouses' reactions to deployment may include emotional distress, loneliness, anticipatory fear or grief, somatic complaints, and depression. The goal is to help spouses learn ways to manage stress and solve problems related to deployment and reintegration, communication, managing long distance relationships, and other common problems. The study will compare telephone support groups to online education sessions. The study will enroll 160 spouses, 13 to date. In the Telephone Support groups, a group leader and participants will meet 12 times over six months to focus on education, skills building and support. Education Only online sessions will provide the same education content, without skills building or support. Content includes strategies to reduce or eliminate communication difficulties during deployment, how to find help; practical concerns during deployment; fostering resilience and decreasing stress; fostering relationships while apart, negotiating roles and relationships; changes during deployment; strategies to support the spouse and the service member; and cues to alert spouses when to seek mental health services for the family or themselves. Outcomes will include resilience, depression, anxiety and coping behaviors. Telephone data collection will be conducted at baseline, six and twelve months.					
15. SUBJECT TERMS Spouses, social support, stress disorders, communication, combat disorders					
16. SECURITY CLASSIFICATION OF:			17. LIMITATION OF ABSTRACT UU	18. NUMBER OF PAGES 5	19a. NAME OF RESPONSIBLE PERSON USAMRMC
a. REPORT U	b. ABSTRACT U	c. THIS PAGE U			19b. TELEPHONE NUMBER (include area code)

Table of Contents

	<u>Page</u>
Introduction	1
Body.....	1
Key Research Accomplishments.....	2
Reportable Outcomes	2
Conclusion.....	2
References	2
Appendices	2

INTRODUCTION:

Deployment impacts both service member and family, and the cost can be high. Spouses' reactions to deployment may include emotional distress, loneliness, anticipatory fear or grief, somatic complaints, and depression. Spouses may also be stressed by single-parenting, learning skills such as home repairs, making decisions alone, and lack of communication with the service member. Assistance during deployment can also help with reintegration post deployment. This randomized clinical trial will examine two interventions designed to help spouses manage deployment and prepare for reintegration. The study will enroll 160 spouses, 13 to date. In the Telephone Support groups, a group leader and participants will meet 12 times over six months to focus on education, skills building and support. Education Only online sessions will provide the same education content, without skills building or support. Outcomes will include resilience, depression, anxiety, and coping behaviors.

BODY:

Task 1: Develop Manual of Operations (MOP) Months 1-6, April 2011-September 2011

All activities and products are completed for the Manual of Operations.

Activities

- Finalize support group format
- Finalize support group materials
- Finalize education group sessions
- Finalize screening materials
- Finalize data collection protocol/battery
- Develop and print brochures and posters

Products

- Support group format, topics and scripts
- Spouse Workbooks and information
- Education group format, topics and scripts
- Screening forms and scripts
- Data collection forms, scripts and documentation
- Brochures and posters

Task 2: IRB approval

Months 1-6, April 2011-September 2011

All activities and products are completed for IRB approval. Final Memphis IRB approval was received January 25, 2011 and HRPO approval was received on December 14, 2011.

Activities

- Develop informed consent documents

Products

- Approved consent

Task 3: Hire and train personnel

Months 1-5, April 2011-August 2011

All staff trained and certified.

Activities

- Write job descriptions, interview, hire, train

Products

- Trained and certified staff

Task 4: Recruitment and Randomization

Months 7-25, October 2011-April 2013

Recruitment began January 09, 2012. Email announcements have been sent to Guard, Reserve, and Active Duty contacts. The Spouse Support website, Facebook entry, and email contact are all available. See Appendix for URLs.

Activities

- Work with recruitment sources
- Telephone and screen potential participants
- Randomize participants

Current Products

- Recruitment sources contacted
- 17 spouses screened
- 13 participants randomized

Task 5: Intervention (Telephone Groups) Months 7-37, October 2011-April 2014
Telephone support/discussion groups began February 13, 2012.

Activities

- Schedule and provide groups for intervention participants

Current Products

- Three groups ongoing

Task 6: Attention Control (Education Groups) Months 7-37, October 2011-April 2014
Education webinar groups began February 13, 2012.

Activities

- Schedule and provide sessions for education participants

Current Products

- Fourth session posted online

Task 7-9: Data Collection/Data Entry/Cleaning Months 7-42, October 2011-September 2014

Activities

- Collect full data at baseline, six and twelve months
- Collect partial data at three and nine months
- Enter and clean data

Current Products

- 13 baselines collected

KEY RESEARCH ACCOMPLISHMENTS: None to date.

REPORTABLE OUTCOMES: None to date.

CONCLUSION:

Several spouses with service members who are deployed to other areas (e.g., Kuwait) have called us wishing to participate. With the withdrawal of troops from Iraq, this would likely be a good plan. Thus, we changed the name of the study to a more generic title that reflects the multiple deployments American personnel may experience.

REFERENCES and SUPPORTING DATA: N/A

APPENDICES:

Spouse Deployed media

Email: vhamemsbm@va.gov

Website: www.memphis.va.gov/spousesupport